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The Proper Way to Care for Children's Oral Health Care Needs

Skye Lewis
Parkland College

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MyPlate Kids' Place





Baby Oral Health Checklist

- ✓ Clean your baby's mouth daily even before teeth erupt
- ✓ As teeth erupt, begin brushing with a 'smear' of toothpaste for children less than 2 years of age or a 'pea-size' amount of toothpaste for children 2-5 years of age
- ✓ Wean your child from the bottle by his/her first birthday
- ✓ Consult your pediatric dentist to ensure your baby is getting enough fluoride
- ✓ Have your child's first dental visit within 6 months of eruption of the first tooth and no later than 1 year of age



Normal Teeth



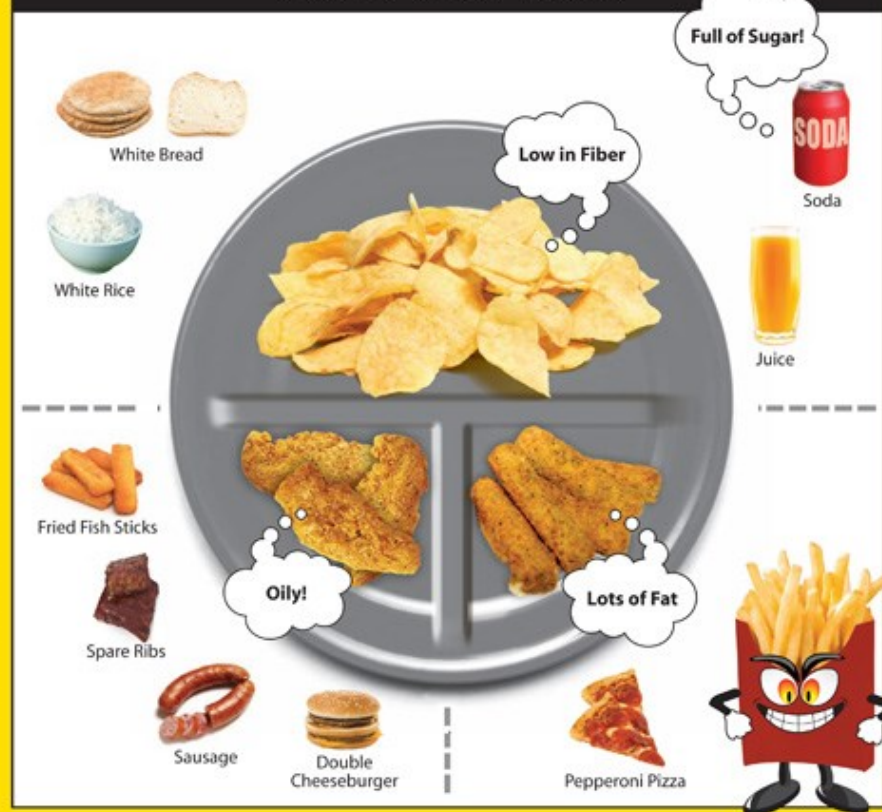
Mild Teeth



Moderate Teeth

How to Choose Healthy

Don't Eat This!



Eat This!



Palm of Hand
Amount of
Lean Meat



A Fist
Amount of Rice,
Cooked Pasta
or Cereal

**Your hand can help you measure
the right amount of food to eat.**

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



A Thumb
Amount of Cheese



Thumb Tip
Amount of
Peanut Butter

Adapted with permission from Learning About Diabetes Inc., Bedfordshire, NJ.

<https://www.youtube.com/watch?v=1kZ4vM0g60o>

<https://www.youtube.com/watch?v=hDZXSMU2IAk>

https://www.youtube.com/watch?v=CatGYW_ysSo





Smear



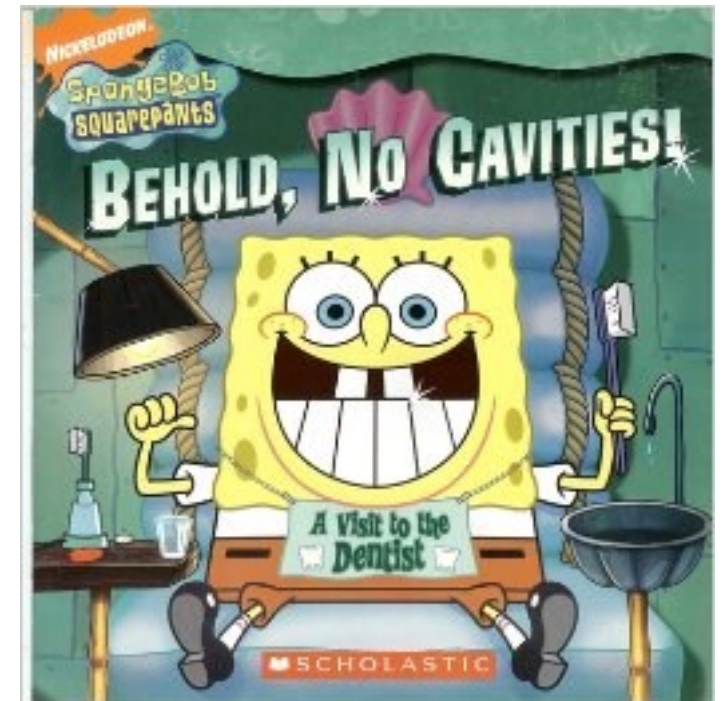
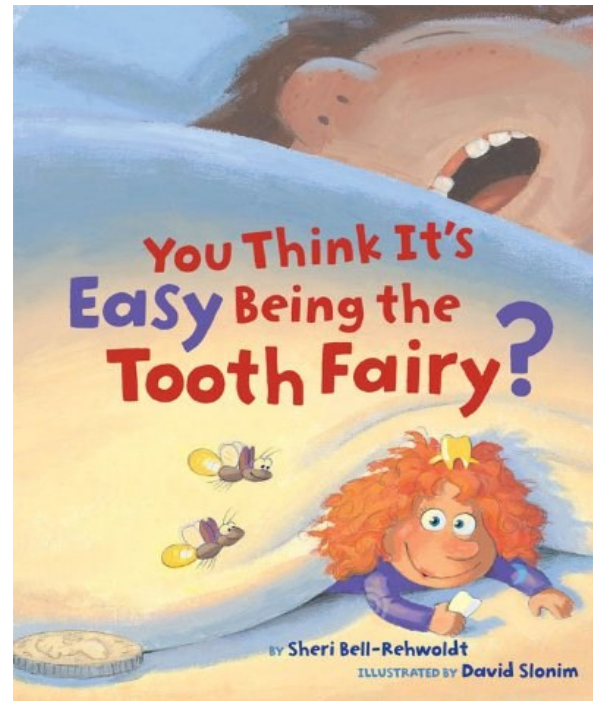
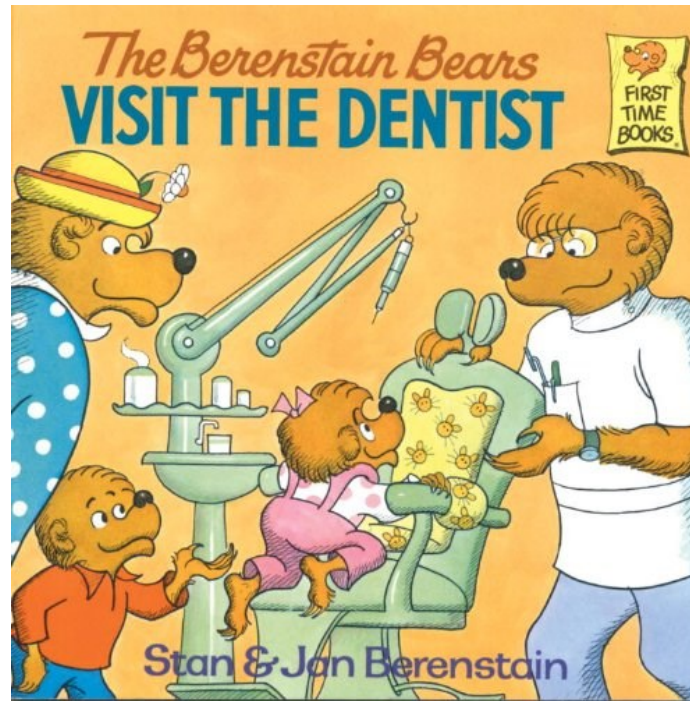
Pea-size



Regular



<https://www.youtube.com/watch?v=MrKHr2Y6O>
[TM](#)





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